

# Crystal Energy: 150 Ways to Bring Success, Love, Health, and Harmony Into Your Life

Mary Lambert

Mary Lambert, author of such life-enhancing books as *Clearing the Clutter* and *Feng Shui Guide to Harmonious Living*, puts readers on the crystal-clear path to happiness and well-being.

With 150 practical tips, and breathtaking photos of colorful and magnificent gems, Mary Lambert shows precisely how to use crystals to lift the energy in your home, heal physical and emotional ailments, and achieve success in love and business. Find out where to place crystals in each room of the house for protection, to improve the atmosphere, to increase sociability, or encourage sleep. Take them along on a trip to combat jet lag. Use the appropriate stones to recharge the body's chakras for personal empowerment, or to find peace of mind. A final section combines crystal lore and astrology to explain how anyone can minimize negativity and enhance potential.

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